

North Carolina Air National Guard

TGIF News

(The Guard Is Family)

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Family Readiness on the NCANG public web site
www.ncchar.ang.af.mil

We have officially set up our Family Readiness Information site on the North Carolina Air National Guard public web site <http://www.ncchar.ang.af.mil/>. If you click on the left side bar **FAMILY READINESS**, it will take you to our home page. Please let all members and their families know about our site.



We are developing various subjects that we believe are of interest and help for our members and their families. We are just starting, so bear with us, but plans are to have a wealth of information that are both important and relative to guard life and deployments. Some topics are ID Cards, Tricare, American Red Cross, ESGR and Soldier's and Sailors Civil Relief Act. Families can e-mail family readiness with questions concerning our program or specific problems you may be having. In addition family members can e-mail our chaplains and JAGs with specific concerns, questions, or problems. All correspondences family readiness, legal and chaplains receive are held in the strictest of confidence.

Starting with our June 03 TGIF News, we will no longer be e-mailing to all our family readiness commanders, unit reps or volunteers. A complete copy will be on our family readiness web site. You can preview current TGIF News at your convenience as well as previous editions on this site. Our desire is to have all information from family readiness at your finger tips. We will also have the complete updated copy of the Personal and Family Readiness Guide on site. This should eliminate the need and cost to have hard copies when you deploy. In addition it gives all members and their families the capability to review this great guide any time. For those who have sat through our long family readiness briefings when you deployed, we are hopeful that by having the information out on this site, we will be able to shorten our briefing times.

As always we are open for suggestions on how we can make family readiness better and we welcome your suggestions. Family Readiness can be reached at 1-800-354-6943 Ext 4949 (office), 1-800-250-4181 (pager), 980-721-4019 (cell phone), or by way of e-mail on our web site.

Scams Target Military Families, E-mail users

ST. LOUIS (AFPN) -- Although the federal tax filing season ended April 15, the Internal Revenue Service continues to see isolated instances of new tax scams.

Two new schemes target families of those serving in the armed forces and e-mail users. In both schemes, people represent themselves as being from the IRS.

The IRS warns consumers to beware of any variation of a scenario in which a telephone caller posing as an IRS employee tells a family member he is entitled to a \$4,000 refund because his relative is in the armed forces and then requests a credit card number to cover a \$42 fee for postage. The scammer provides an actual IRS toll-free number as the call-back number to make the call seem legitimate. However, the scammer then charges unauthorized purchases with the victim's card. Genuine IRS employees who call taxpayers do not ask for credit card numbers or request fees for payment of a refund.

In another scheme, victims receive an e-mail that appears to be from the IRS. The e-mail contains links to a non-IRS Internet Web page that asks for personal and financial information. Such information could be used to steal the respondent's identity and get access to sensitive financial data or accounts.

Identity thieves can use someone's personal data to:

- take over his or her financial accounts.
- run up charges on the victim's existing credit cards.
- apply for loans, credit cards, services or benefits in the victim's name.
- file fraudulent tax returns.

The IRS does not request sensitive personal or financial data by e-mail. The IRS wants to get word of these scams to military families before more damage is done, according to IRS spokesman Bill Barksdale. "What we're trying to do is protect taxpayers from financial predators who are out there finding creative ways to steal from people," said Barksdale. "In this case (the latest military-related scam), it's not hard for these identity thieves to tell that lots of military folks are still deployed and, in many cases, their loved ones are left behind to figure out and finish the taxes." Not all the phone calls will be the same, Barksdale said, but military people and their families should be aware of the basic elements of these scams so they can guard against them. "The calls may not be worded exactly the same, but it's a good chance the predator will do or say something to entice the military member or spouse to give up their credit card information, which they will then use to commit identity theft," he said. He does not know exactly how many military families have fallen victim to these scams, but he hopes it is not many, Barksdale said. "We're trying to get ahead of these scams," he said. "It's one of our priorities. Hopefully, once we get this information out, we will prevent other military families from becoming victims of identity theft." People who believe they are victims of one of these scams can contact the Treasury Inspector General for Tax Administration by calling the toll-free fraud referral hotline at (800) 366-4484, faxing a complaint to (202) 927-7018 or writing to the TIGTA Hotline, P.O. Box 589, Ben Franklin Station, Washington, DC 20044-0589. TIGTA's Web site is located at www.ustreas.gov/tigta. (Courtesy of Air Mobility Command News Service)

Driving a Motorcycle in Title 10 status

FYI and may be very important for members that drive motorcycles. If a member on title 10 status chooses to drive a motorcycle at any time while on orders and they become involved in an incident which may require medical attention, TRICARE may not cover the cost of this care. Active Duty regulations state certain courses/classes that need to be taken before a member on active duty can be authorized to drive a motorcycle and our base does not have those courses/classes in place. Unless the member is covered by private health insurance while on title 10, they may want to reconsider driving a motorcycle.

Not So Smooth Sailing Back Home

By M.L. Lyke, *Seattle Post-Intelligencer* Reporter, *Seattle Post-Intelligencer*, May 5, 2003

ABOARD THE USS ABRAHAM LINCOLN -- The picture's so appealing: kids running open-armed to Daddy, tears streaming down Mom's pretty face, the long melt of a marital kiss, pot roast and apple pie baking inside a home put to ship-shape order. It's the perfect Navy homecoming. Maybe a little too perfect for some worried sailors aboard this long-gone carrier. Those kids may be hiding behind Mom's skirts. That man walking down the ramp may seem a stranger to them. The kiss may be a perfunctory not-so-sure peck. Home may mean overdue bills, honey-do lists and an exhausted spouse who announces: "Here, you take the kids. I've been watching them for 10 months -- and I'm officially off duty, dude."

Cameras may miss the single sailors in the background who have been dumped by girlfriends or boyfriends while at sea. Microphones may not pick up the conversations of families who've been waiting with bad news about dying grandparents or jailed uncles, news they spared their war hero at sea. Life gets a little messy when you've been at sea for 290 days. "The classic wife and kids hugging dad photo -- that's not real for 95 percent of the people here," says the ship's clinical psychologist, Lt. Rose Rice. In the weeks leading up to tomorrow's homecoming in Everett, Rice and other mental and spiritual professionals aboard the Lincoln have been holding classes, counseling crew on keeping homecoming and post-homecoming expectations realistic. "Everyone wants a piece of you -- and everybody's tank out here is depleted," says Rice, who encourages sailors to describe exactly what kind of homecoming they want to families. "One sailor found out his family's idea was a big reunion. His idea was to meet his significant other and order in Chinese food, sit and talk and drink a bottle of wine, play a game of Scrabble."

These same lessons are being taught to the crew's loved ones landside: After one of the Navy's longest deployments at sea -- the Lincoln was steaming home in December when it was turned back toward the Persian Gulf for the war effort -- sailors change, families move ahead and parental roles can switch. Once off the dock tomorrow, both mom and dad may head for the driver's door of the car, and cranky kids may ignore the sea-leg sailor in the front seat who tells them to pipe down, yelling, "You're not the boss of me!" Readjustments can be rocky for days, weeks. "I have a fantasy of just jumping in and taking off, trying to pretend he never left and just going on as if he was never gone. In reality, that's not the way it's going to be," says Navy wife Shauna Kelln, who has been attending reintegration classes in her hometown of Oak Harbor. She describes the lead-up to the homecoming of her husband -- ship's physical therapist Lt. Cmdr. Brent Kelln -- as an emotional time. Last week, she burst out in tears. "I wasn't sure why -- pent-up frustrations, emotional release, apprehension of him coming home," she says. "Did I do everything OK? Did I raise the kids right? Did I handle the finances all right?" The reintegration classes have focused on intimacy and children, who may question the authority of this uniformed newcomer who missed their birthday, missed Santa Claus, missed their school play or Little League game. The parent left behind is the boss now. "The kids will probably still come to me to ask permission. After a few days, I'll start saying, 'You need to go to your Dad to ask permission,'" says Shauna Kelln, who has switched house discipline from swats to time-outs, and plans to keep it that way.

Intimacy's a touchier subject. "Women want the loving and touching and feeling and exploring each other's emotions. The guys may just want to jump in, get it over with. It's that Mars-Venus thing," Shauna says. She and her husband have carefully scripted their reunion in Everett tomorrow. The 5-year-old middle son -- always complaining about big sis being first -- gets Hug No. 1. Then the two other kids will get hugs. "Then I'll make a beeline to Shauna and plant a big wet one on her," says Brent. Harder to script is what happens after Brent's 20 homecoming well-wishers -- parents, siblings, friends, relatives -- depart and the Kellns head home. Shauna has heard about husbands trying to re-assimilate into the family structure after living in the highly regulated life of rankings, military acronyms, crisp sentences and do-it-now-and-do-it-right orders. "First we have to integrate the husband, and then the father, back into the family -- and we also have to teach them how to talk to us," Shauna says. Onboard, her husband says he anticipates a "feeling out" period at home. He compares it with taking on a new assignment, where you don't know the job or the people. "Here comes this new guy," he says. "If I came in barking orders, it wouldn't work well. It wouldn't work very well at home, either." He plans to be a "fly on the wall" during his first days at home. Going slow is key, say veterans of numerous deployments. One of them is Lt. Cdr. Ross Wilhelm, a tactical action officer aboard the Lincoln. Wilhelm shares the joys and emotional pitfalls of homecomings with his stressed crew, who are deep into "boat lag" -- experienced after traveling home through 15 time zones from the Gulf. "It's like jet lag, only slower and more painful," says Wilhelm. Homecoming is an anxious time, he says. "You're excited, but you're scared, too. Things are just not the same after nine months at sea. Things that worked nine months before are not going to work now." The big thing for him, says Wilhelm, was how independent his wife had become while he was gone, handling the family, the bills, the home. "There was this initial sense that she really doesn't need me here. It's jarring," he says. "On a ship, you know what you're supposed to do. At home, you expect to fall back into your role, but you don't know what that role is anymore. You're a real fish out of water." Wilhelm says the first week back is typically extremely difficult. But for the crew of the Lincoln -- who've become media darlings riding the first aircraft carrier home from the war in Iraq -- the pattern may be altered by the hoopla surrounding their homecoming.

"My guess is people are going to feel great the first week to 10 days -- they'll be the story of the week," says onboard civilian Kelly Shanley-Johnson, who works for the Maryland-based Pacific Institute for Research and Evaluation and contracts with the Navy for classes onboard. "After that, the media will move on to another story, and it'll be, 'Who am I?' If you haven't

Not So Smooth Sailing Back Home (Continued from page 3)

figured that out, you may feel confused, lonely." Shanley-Johnson points out that shipboard life is heavily routinized. "The bells ring at (certain hours). Everything in between has a checkmark in a box next to it. But that's not the real life that waits for them at home." That complicated "real life" can be a slap in the face. Mental health professionals onboard have heard a litany of horror tales. One sailor's wife told him she'd taken up with his brother. Another sent a ticket for his live-in girlfriend to come meet him at the ship, and discovered she was living with his good friend, in his apartment. Sailors have had their bank accounts emptied out by girlfriends, or credit cards run up by spouses. Some have been served divorce papers onboard -- not surprising considering the divorce rate for military personnel is 20 percent higher than that for civilians. Sometimes the happiest scenarios can cause anxiety. Some new dads, whose babies were born during deployment, admit they are terrified about their new role as father. "They say they've never held a baby before, that they have no idea how to respond if their baby cries," says Shanley-Johnson.

Onshore discussions about the war may be especially trying for sailors. Some have struggled with their feelings about the Iraqi situation. Even those with no reservations about the war may be leery of broaching the topic with civilians. "I worry I won't be able to explain to people what happened, because they won't understand unless they've done it," says Leon Meline, a 29-year-old aviation electronics technician from Idaho. Meline, soon to move to the Olympia area, says he worries about going into a bar, and being approached by protesters who call him a "baby-killer." "I have older friends who were in Vietnam. I know what they came home to," says the thoughtful technician. One thing he knows he's coming home to is a big, close, loving family. He says he is juggling excitement, anxiety and apprehension at the thought of seeing his brother and six sisters, his parents and other relatives at the dock tomorrow. He is having a hard time sleeping. He plays scenes over in his mind. Will his niece and nephew recognize "Uncle Leon"? Or will they need a prod? "I feel like I'm almost an outsider to my family now," he says. "That's the sacrifice I made to defend other people's freedom." Meline holds his hands up in front of him and slowly spreads them apart, farther and farther, two lines in retreat. "You can just feel the separation from your family when you're out here," he says. "When you separate from them, you can do your job, you have to do that, but. ..." His head is down. When he raises it, his eyes fill. "I forgot what color my mother's eyes are," he says.

A SHIP FULL OF DREAMS: We asked Everett-based sailors aboard the USS Abraham Lincoln to describe their dreams of what they'll do when they hit dry land:

GO STEELHEAD FISHING: I'm fishing on the Cowlitz River. It's raining, but I don't care. I can feel the gravel under my feet. Then I step into the boat, into this cold, fresh air. Then it doesn't matter, it doesn't matter if I ever catch a fish or not.
-- Aviation electronic technician Leon Meline, 29, hometown: Burley, Idaho

TAKE A BUBBLE BATH: I fill up the tub with hot water, put in some vanilla sugar bubble bath, step in and just soak my body. It feels nice, warm, silky. The warm water relaxes my muscles.
-- Combat operations specialist Trenesa McCain, 22, hometown: Lancaster, Pa.

HAVE A PARTY: There are 10 to 11 people in the dining room. There's lots of Mexican food and a lot of exotic alcoholic beverages. We're talking and catching up, talking about all the things that have happened since I've been gone.
-- Broadcast technician Brad Murren, 26, hometown: Mesa, Ariz.

GO SPRING BEAR HUNTING IN MONTANA: I'm walking through the woods, walking down a ridge, I go through some trees and there is a bear -- a cinnamon-colored black bear, boar, weighs about 450 pounds. I line up, pull up the gun, ease the safety off and slowly squeeze the trigger. -- Machinists mate Josh Price, 22, hometown: Troy, Mont.

GO SNOWMOBILING: The snowmobile is running. I put on my snow jacket, my helmet, crank up the throttle and start drifting off into snow. I go as fast as I can. Powder is flying everywhere, trees are going by -- it's nice and quiet and peaceful.
-- Fireman Steven Turner, 19, hometown: Meridian, Idaho

EAT REAL FOOD: I'm eating macaroni and cheese pie, Jiffy Mix cornbread, potato salad, black-eyed peas, barbecued ribs, corn on the cob and a whole gallon of Kool-Aid. For dessert, there's pumpkin pie and all types of cakes -- strawberry, pineapple cake, lemon cake. We're all just sitting there eating -- my family, my cousins, my brother, my mother and father -- and I'm telling them about my experience in the gulf. -- Tactical operational plotter Latrisha Hardy, 21, hometown: Union, S.C.

American Psychological Association (APA) Offers Materials to Ease HOMECOMING FOR RETURNING MILITARY AND THEIR FAMILIES

WASHINGTON D.C., April 25, 2003 -- The American Psychological Association (APA) announced today that it is offering online materials to help those returning from military service as well as their families. "Homecoming often is idealized as a time when family disruptions that arose during the war will be resolved," said Russ Newman, Ph.D., J.D., executive director for professional practice at the APA. "The truth is that often homecoming is the start of a whole new set of challenges because of the adjustments the family had to make during the war."

The online brochure, "Homecoming: Resilience After Wartime," points out that even when the war is over, stress and uncertainty can require the skills of resilience both from those coming home, and from those who stayed home. The brochure offers tips that include breaking problems down into manageable chunks, keeping problems in perspective, and relying on strategies used during previous times of stress or trauma. The brochure also includes a warning symptom checklist to help people recognize when stress is not being properly managed.

The homecoming and other resilience and war materials are an outgrowth of APA's successful Road to Resilience campaign that was launched in response to September 11, 2001. More than 78,000 Road to Resilience brochures have been requested since the launch. The group of resilience materials relating to the war include the Homecoming brochure, as well as print and online versions of Resilience In A Time of War brochures aimed at consumers; parents and teachers of very young children; parents and teachers of elementary school children; parents and teachers of middle school children; parents and teachers of highschoolers; and teens.

The materials are available for free download at <http://helping.apa.org/resilience/homecoming.html>

THRILL OF FLYING

Pope AFB and Ft Bragg will feature a military air show on 5-24 and 5-25-03. Featured performers will include the USAF Thunderbirds, Golden Knights, Green Beret jump team, air seizure and air assault battle and a P-51 Mustang heritage fly by.

Gates open at 9 am and close at 5 pm. This event is free of charge

For more information about Festival of Flight visit: www.festivalofflight.org

May 9th Military Spouses Day

A fitting tribute to military spouses and families. Amy-Jayne McCabe has returned from her Armed Forces Entertainment tour of the Middle East.

Her military song "**The Rock**" is dedicated to all Military Spouses and all who are married to someone who is often separated from their family. Military Spouses are recognized for the sacrifices they make for this country.

You can listen to the song or purchase the CD on her web site www.amyjayne.com.

The inclusion of the song is in no way an endorsement by the National Guard.

Child Support for Mobilized Reservist: Garnishment Assistance for Guard and Reserves

By Zanell Osowski, *Corporate Communications*

Each week, the country's demands on Guard and Reserve military members increase as more units are activated for the possibility of war with Iraq, to support anti-terrorist efforts and the tension with North Korea.

The Defense Finance and Accounting Service Directorate of Garnishment Operations has been working with the Federal Office of Child Support to address issues relating to activated Reservists and the payment of child support. The Director of Garnishment Operations, Rod Winn, has identified one scenario that is a concern for a significant number of activated Reservists.

"A civilian (who is a reservist) who works for a private company is called up or activated. That reservist has a child support order requiring payment of child support based on the income the member makes working at the private company. Upon activation, the reservist experiences a reduction in the amount of income he makes. If the reservist does not ask for a review and downward modification of the child support obligation from the child support agency, the member can incur a large child support arrearage while serving in the reserves," said Winn.

Guidelines

To address this concern, the DFAS Garnishment Operations and The Federal Office of Child Support Enforcement have developed the following guidelines for reservists and ask that they contact the state child support agency regarding a review of their child support obligation.

Activated reservists should contact their state child support agency regarding a review of their child support obligation if:

- Their income level has changed, or will change, they may be eligible for the agency to review and adjust the amount of your support order

- Their support payments are being withheld from their paycheck, the state agency can ensure the withholding is transferred to DFAS on a timely basis to prevent or minimize missed payments. Also, ask your current employer to notify the state agency of your deployment and to provide all needed information.
- They have a child support hearing scheduled, the agency can try to move it up or let the court or hearing officer know your service status.
- Their child support order includes health care coverage for their child (medical support), their child is eligible for the military health coverage TRICARE. The agency may be able to assist in signing the child up with DEERS.

This issue can have serious consequences for the Reserve military member and dependent children relying on the support. All reservists, with support obligations, are urged to take time and review the garnishment guidelines.

Related links

- OCSE Information Memorandum (IM)-01-09
- Department of Defense Family Law Matters
- State child support enforcement agencies

The Arena Football League Carolina Cobras has "Support Our Troops Night"

The Arena Football League Carolina Cobras would like to invite you to "Support Our Troops Nights" Friday May 16th at 7:30 in Charlotte. Please contact Nancy Gluck for your complimentary tickets or show your Military ID at the box office to receive up to four tickets per ID,

Nancy Gluck, Ticket Operations/Merchandise Coordinator
(704) 940-2300 EXT 118 or ngluck@cobrasfootball

Chicken Soup for the Military Wife's Soul Accepting Stories

Chicken Soup for the Military Wife's Soul is now accepting stories for an upcoming book celebrating life as a military spouse. This book will share the pride, emotions and triumphs achieved by past and present military spouses everywhere.

Chicken Soup for the Military Wife's Soul will focus on the often overlooked "other" half of the military team.

For guidelines and chapter titles go to: <http://www.militarysoul.org>

SAMPLE LETTERS

BY Jim Rorie, ESGR Representative

Just wanted to inform you that I just received four sample letters from ESGR-(National) that may be most useful to Air Guard Members. Please let me know if you have anyone in your respective units that might need one of these letters, or help in drafting a letter to their employers! The four sample letters I received are listed below! Leave a message at 1-800-354-6943 Ext. 4949 and I will get back to you.

1. Letter from Commander to Employer
2. Letter of Intent to Return to Employer
3. Letter to Employer from Employee
4. Military Leave of Absence Record Sheet

May is Military Appreciation Month

Organizers for National Military Appreciation Month are asking Americans to show their appreciation for the military by displaying the American flag and the POW/MIA flag May 1 through Flag Day on June 14.

In 1999, a resolution was passed in Congress proclaiming May as National Military Appreciation Month. The month remembers those who gave their lives in defense of the nation's freedom and honors those Americans who have served their country, and the men and women now serving in uniform on active duty, in the National Guard and Reserve and all of their families. More than 80 million Americans have served in uniform in more than 225 years of American history.

May includes: **May 1—Loyalty Day**
 May 8—VE (Victory in Europe) Day
 May 9—Military Spouses Day
 May 17—Armed Forces Day
 May 30—Memorial Day

"Whether we are at war or peace, we must let our men and women know we appreciate all that they do and have done for us," said Alice Wax, the event's executive director. "My late husband, a (World War II) veteran, was a strong supporter of the military, and I felt strongly about finding a way to honor our service members."

Event organizers are asking all Americans to remember, honor and appreciate the military by displaying U.S. Flags and yellow ribbons on cars, homes, businesses and in classrooms. As always be cautious in attracting attention to yourself by posting ribbons on your personal home that could indicate that you are home alone.

For further information, go to the National Military Appreciation Month Web Site: www.nmam.org

*NORTH CAROLINA AIR NATIONAL GUARD
TGIF NEWS
(THE GUARD IS FAMILY)*

Family Readiness Air Guard Expanded Executive Council

Fisk Outwater—Chairman

Kathleen Flaherty

Terry Henderson

Janice Richardson

Deborah Dunlap

Martha Pasour

Sarah Spivey

Family Readiness office telephone number

- 1-800-354-6943 ext. 4949

Cell Phone: 980-721-4019

- The fastest way to get in touch with FR is now through the cell phone, someone will answer or get back in touch with you as quickly as possible.

Emergency contact calls:

- Pager: 1-800-250-4181

*Uniting Our Air Guard
One Family at a Time*



Family Readiness

5225 Morris Field Drive
Charlotte, NC 28208

Phone: 1-800-354-6943 Ext 4949
Cell Phone: 980.721.4019

WE'RE ON THE WEB!
WWW.NCCHAR.ANG.AF.MIL



Family Readiness

Charter

Develop a program to provide information, on-going education, and assistance to families, members, and leadership aimed at preparing military members and their families for National Guard Military Life.

Mission

Educate, Support, Assist, Communicate, Collaborate, and Sustain.